

2009 South Carolina Middle School Youth Risk Behavior Survey Report Grades Six through Eight



**South Carolina
Department of Education**

Together, we can.

**Issued by the
South Carolina Department of Education**

**Dr. Jim Rex
State Superintendent of Education**

2009

2009 South Carolina Middle School Youth Risk Behavior Survey

More information on the Youth Risk Behavior Survey is available on the Web site of the Centers for Disease Control and Prevention at <http://www.cdc.gov/HealthyYouth/YRBS>.



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Copies of this report may be obtained from the
State Department of Education's
Office of Youth Services, S.C. Healthy Schools,
by calling 803-734-3193 or by going to
<http://www.ed.sc.gov/HealthySchools>.

Contents

Executive Summary	1
Key Findings of the 2009 Middle School YRBS	1
Overview of the Youth Risk Behavior Survey	2
Content of the Survey Instrument.....	2
Sampling Process and Design	2
Profile of Middle School Students Who Completed the Survey.....	3
Report Content.....	4
Breakdown of 2009 Middle School YRBS Findings	5
Behaviors That Contribute to Unintentional Injuries	5
Behaviors That Contribute to Violence	7
Suicide	9
Use of Tobacco.....	11
Use of Alcohol and Drugs	13
Sexual Risk Behaviors	15
Body Image and Weight Management.....	18
Physical Activity	20
Asthma	23
Use of Sunscreen.....	24
Appendix	
South Carolina Middle School YRBS Data, 2005–09.....	25

Executive Summary

The South Carolina middle school Youth Risk Behavior Survey (YRBS) distributed in the spring of 2009 was completed by 1,325 middle school students (grades six through eight). A comparison of the 2009 results with data from 2005 (the first year for the South Carolina middle school YRBS) reveals improvements in a couple of the middle school measures; however, a significant percentage of the state's adolescents continue to engage in behaviors that place them at risk for serious health problems—a situation warranting broad-based and strategically targeted interventions. Schools alone, however, cannot address all the personal, emotional, social, and physical needs of students. The public education system must work with parents, community agencies, health agencies, and public policy makers in a coordinated approach to implement evidence-based policies, programs, and practices to improve the health and educational outcomes of our students.

Key Findings of the 2009 Middle School YRBS

The following are key survey findings with regard to risk behaviors engaged in by South Carolina's middle school students either at some point in their lives or within a specified period.

- ***Cause for celebration—improvements since 2005:***

- 91.8 percent of middle school students sometimes, almost always, or always wore a seatbelt when riding in a car (compared to 87.1 percent in 2005)

- 50.6 percent were physically active at least 60 minutes per day on 5 or more days in the 7 days before the survey (compared to 34.2 percent in 2005)

- ***Issues of concern—no significant changes since 2005:***

- 65.9 percent of middle school students have been in a physical fight

- 41.6 percent have been bullied on school property (no data prior to 2009)

- 35.1 percent of middle school students have ridden in a car driven by someone who had been drinking alcohol

- 42.4 percent have carried a weapon (e.g., a gun, knife, or club)

- 22.4 percent have thought about killing themselves

- 35.5 percent have tried smoking cigarettes, even one or two puffs

- 14.1 percent have used some tobacco product in the previous 30 days

- 42.1 percent have consumed a drink of alcohol, other than a few sips

- 14.6 percent have used marijuana

- 24.0 percent have engaged in sexual intercourse

- 40.0 percent attended daily physical education classes (5 days in an average week when they were in school)

Overview of the Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), federal agencies, and state departments of education to measure the extent to which adolescents in the United States engage in health-risk and health-enhancing behaviors. The data collected in the YRBS provide guidance to state and local agencies as well as nongovernmental organizations for program planning and policy development. The YRBS is used to assess trends in behavior among middle and high school students so these agencies and organizations can more effectively design and evaluate their program efforts in helping youths become healthy, successful adults.

The YRBS is a self-administered, anonymous survey that has been conducted every other year in South Carolina high schools since 1991 and in South Carolina middle schools since 2005. The administration of the 2009 YRBS was a combined effort of the Department of Education's South Carolina Healthy Schools program and the South Carolina Department of Health and Environmental Control's Division of Tobacco Prevention and Control. In order to reduce the number of surveys given to students, the 2009 YRBS included questions from South Carolina's Department of Alcohol and Other Drug Abuse Services and the Department of Education's Safe and Drug Free Schools Program and was jointly administered with the South Carolina Youth Tobacco Survey.

Content of the Survey Instrument

The 2009 South Carolina middle school questionnaire consisted of fifty core CDC questions and thirteen additional state items, for a total of sixty-three multiple-choice questions. In addition to basic questions concerning grade level, ethnicity, gender, and age, the survey instrument contained items designed to assess the prevalence of risk-taking behaviors that are known to be the most frequent causes of social problems, illnesses, and premature deaths among young people: the use of tobacco, alcohol, and other drugs; physical inactivity; poor eating habits; behaviors that result in intentional and unintentional injuries; and behaviors that increase the risk of sexually transmitted diseases and unintended pregnancies.

Sampling Process and Design

The South Carolina YRBS used a two-stage cluster-sample design to produce a representative sample of middle school students:

In the first stage, a list of South Carolina public schools serving grades six through eight was compiled. Schools that serve special populations—alternative schools, charter schools, and the South Carolina Department of Juvenile Justice—were excluded. Fifty schools were then randomly selected from the list.

In the second stage, each participating school provided a list of its classes. Generally, all second-period classes were listed because second period characteristically has a low absentee rate. In some instances, however, all sessions of a required course (e.g., social studies) were given. One to three classes from each school were then randomly selected. The total number of students in the resulting sample was 1,573.

In order for the data from the middle school YRBS to be considered representative of all students in grades six through eight, the overall response rate (calculated by multiplying the school response rate by the student response rate) must be at least 60 percent. In 2009, 43 of the 50 sampled schools participated in the survey for a school response rate of 86 percent. Of the 1,573 middle school students sampled, 1,328 submitted questionnaires. After data editing (e.g., removing corrupt or illegible survey forms), the number of usable questionnaires was 1,325—a total that yielded a student response rate of 84 percent and an overall response rate of 72 percent.

Because the overall response rate is above 60 percent, the raw data can be converted into *weighted* data, which are estimates that are representative of all students in grades six through eight in South Carolina's public schools, those data were *weighted*. (Weighted data are calculated by applying a multiplier, or *weight*, to each survey record to adjust for student nonresponse and the distribution of students by grade, gender, and race/ethnicity in the state. Unweighted data represent only the students participating in the survey and cannot be generalized to all South Carolina middle school students.) Weighted data can be compared with data collected by other states and by South Carolina in other years.

Profile of Middle School Students Who Completed the Survey

	Number of Reponses	Weighted Percentage
Gender		
Female	686	48.5
Male	636	51.5
(No response)	3	—
Race/Ethnicity		
White (non-Hispanic)	607	55.0
Black (non-Hispanic)	462	36.5
Hispanic/Latino	100	3.7
All other races	42	1.6
Mixed ethnicity (i.e., multiple response)	87	3.2
(No response)	27	—
Grade		
6	505	29.7
7	396	34.7
8	414	35.1
("Ungraded or other grade")	6	0.5
(No response)	4	—

Report Content

This report is written to emphasize the key findings of the 2009 middle school YRBS. For each risk factor, specific percentages for the South Carolina middle school population are presented in narrative as well as graphic form. Where there are significant differences by grade, race, or gender, those differences are also presented. The percentages cited in the text are rounded to the nearest whole number; percentages in the charts are shown to one decimal place. The narrative also contains percentages that are not represented in the graphs.

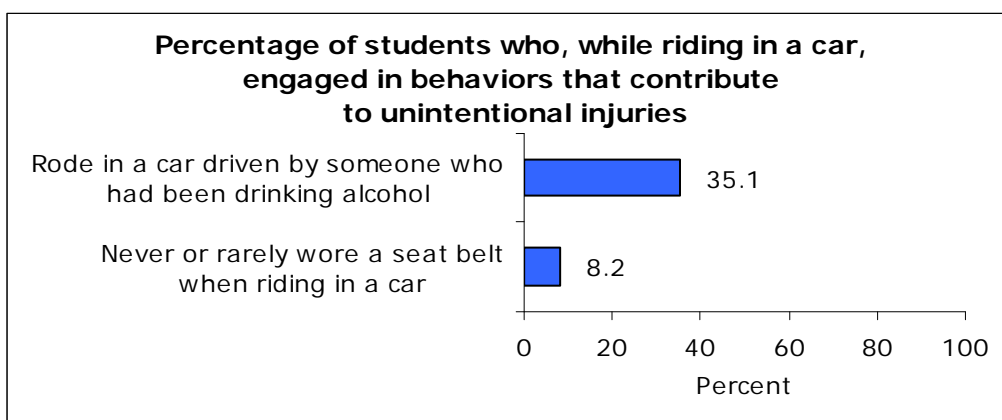
Questions about sexual risk behaviors were included in the middle school YRBS for the first time in 2007. As in 2007, these items were placed at the end of the 2009 questionnaire, allowing school districts to omit them if they so chose. All but two of the districts elected to keep the questions on the survey form. As a result, the percentages reported in the section on sexual risk behaviors in this document are based on a smaller sample.

Because the South Carolina middle school YRBS has been conducted since 2005, significant trends over time are also discussed. Historical data collected since 2005 are presented in the appendix.

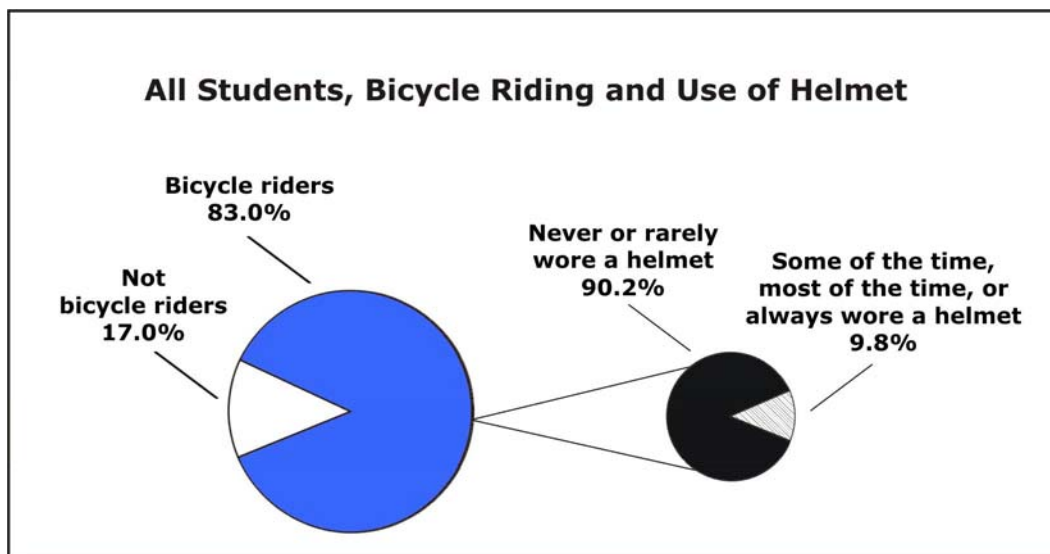
Breakdown of 2009 Middle School YRBS Findings

Behaviors That Contribute to Unintentional Injuries

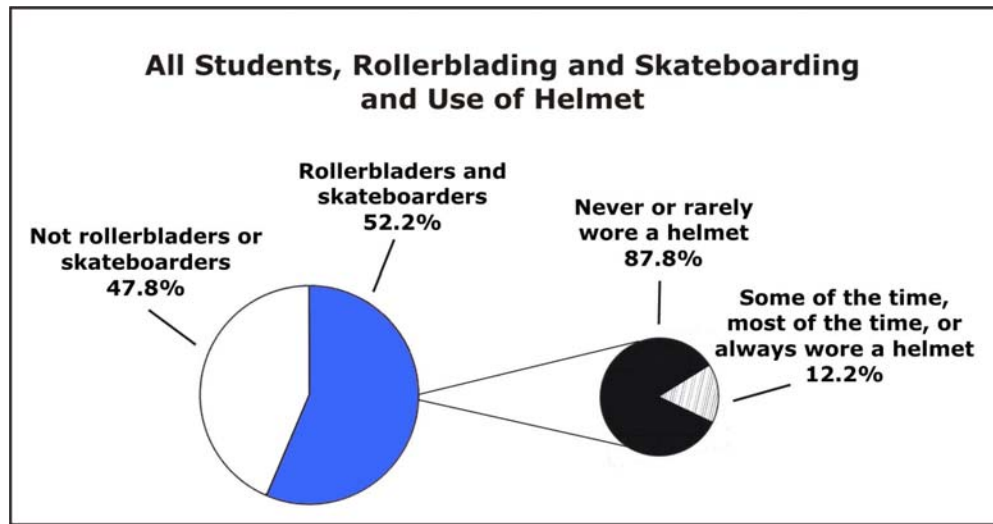
Most middle school students wore seat belts regularly—only 8 percent either never or rarely wore a seat belt when riding in the car. These rates have been improving since 2005, when 13 percent of students never or rarely wore a seat belt. In 2009, roughly one third of middle school students rode in a car driven by someone who had been drinking alcohol. Older students were more likely than younger students to have ridden in a car with someone who had been drinking alcohol. The percentages of students who failed to wear seat belts and who rode with drivers who had been drinking showed no significant differentiation by gender or race.



Among the 83 percent of middle school students who rode a bicycle, 90 percent never or rarely wore a helmet when riding. Bicyclists age twelve and older (90 percent) were more likely than younger bicyclists (80 percent) to ride without a helmet. The rate of helmet use among bicyclists has decreased since 2005, when 85 percent of bicyclists never or rarely wore a helmet.

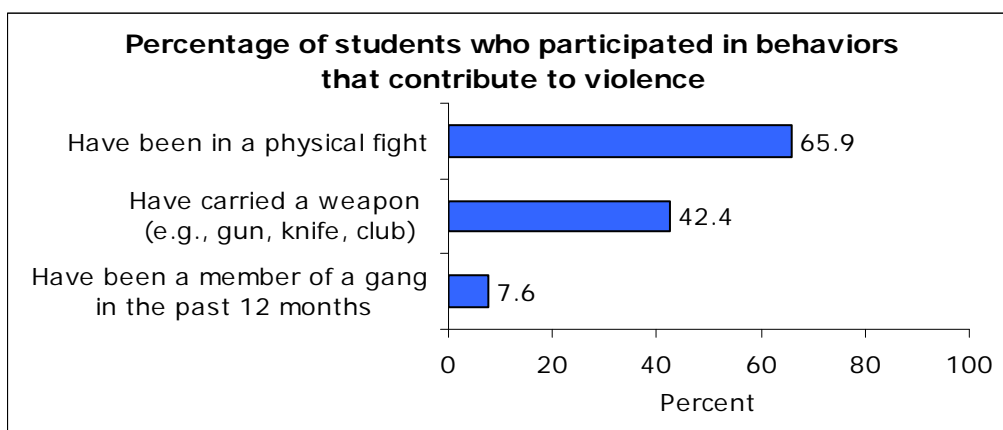


Fifty-two percent of students used rollerblades or rode a skateboard—activities less common among students than bicycling but similar to it in the rate of helmet use by students (88 percent of rollerbladers or skateboarders never or rarely wore a helmet). More white students (58 percent) than black students (42 percent) were rollerbladers or skateboarders. The percentage of participants who never or rarely wore a helmet when they engaged in these behaviors is the same for both races. The rate of helmet use among rollerbladers and skateboarders has decreased since 2005, when 80 percent of middle school students participating in these sports never or rarely wore a helmet.

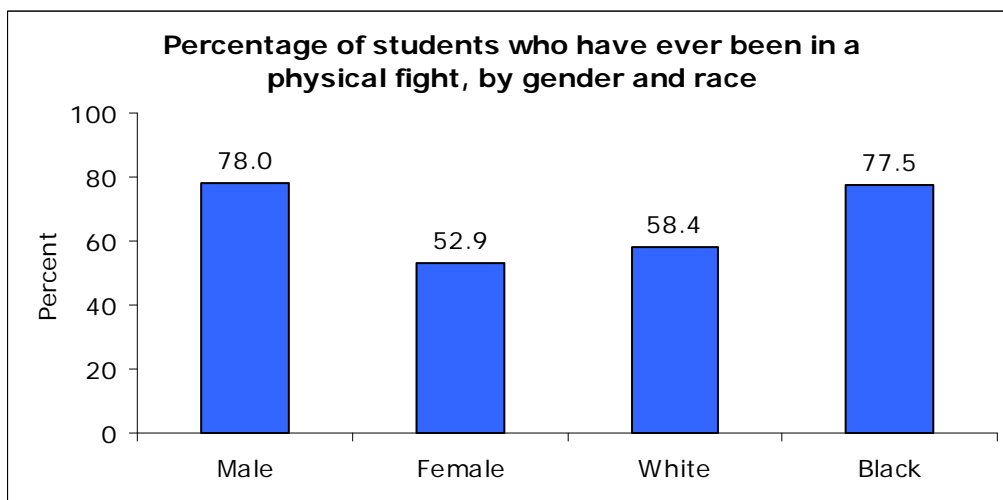


Behaviors That Contribute to Violence

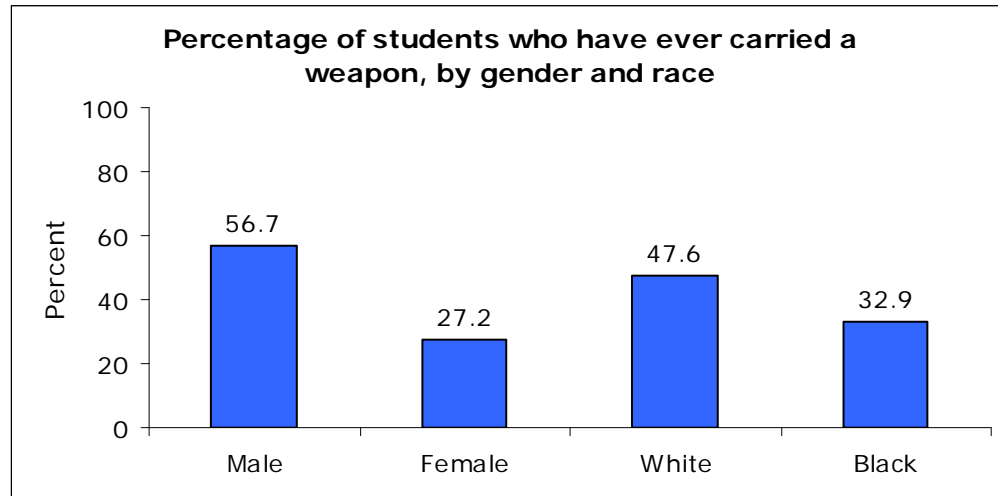
At some point in their lives, 66 percent of the state's middle school students have been involved in a physical fight, and 8 percent were involved in a physical fight during which they received injuries that required medical attention. Forty-two percent of students have carried a weapon (such as a gun, knife, or club). Eight percent were members of a gang at some time within the 12 months prior to the survey.



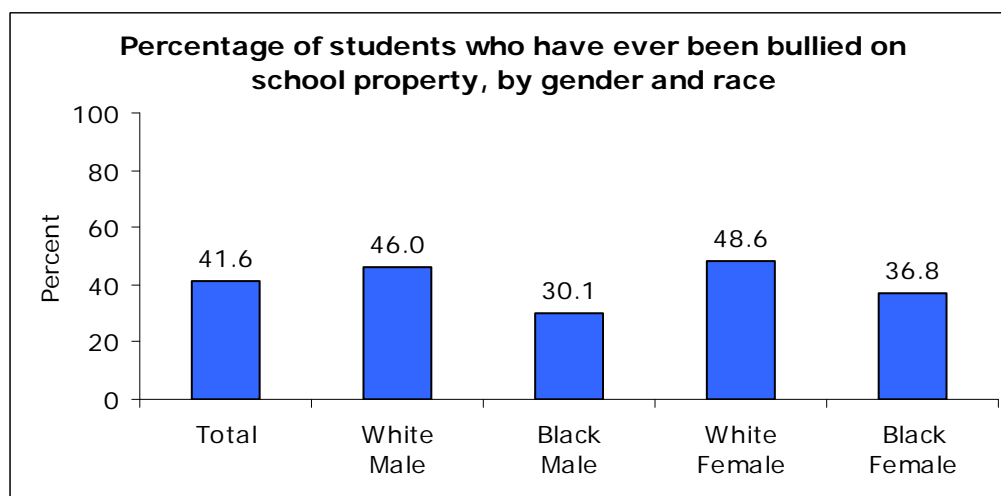
Significantly more male students (78 percent) than female students (53 percent) have been in a physical fight—a pattern that is present in all age groups and grade levels. More black students (78 percent) than white students (58 percent) have been in a physical fight. The highest percentage was among black males (88 percent); the lowest was among white females (42 percent). The percentages of black students and female students who have been in a physical fight have increased from 2005, when 70 percent of black students and 46 percent of female students had been involved in a physical fight.



Forty-two percent of students have carried a weapon such as a gun, knife, or club at some point in their lives. More males (57 percent) than females (27 percent) have carried a weapon—a pattern that is present in all age groups and grade levels. A greater percentage of white students (48 percent) than black students (33 percent) have carried a weapon at some point in their lives. In 2009, white males were the most likely to have carried a weapon (72 percent); black females were the least likely (22 percent). The percentage of females who have carried a weapon has increased from 2005, when only 18 percent of female students had carried a weapon.

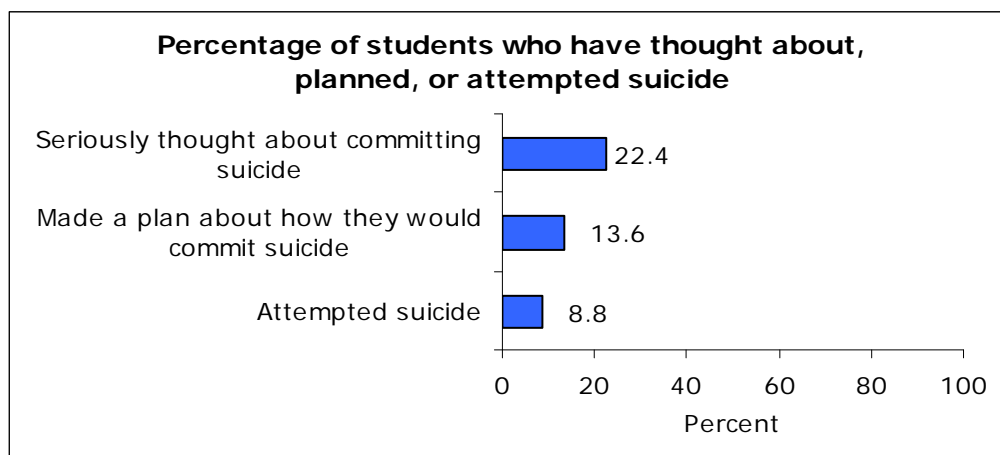


A new question on the 2009 YRBS asked students about bullying. Forty-two percent of middle school students have been bullied on school property at some point in their lives. More white students (47 percent) than black students (34 percent) and more white males (46 percent) than black males (30 percent) have been bullied on school property.

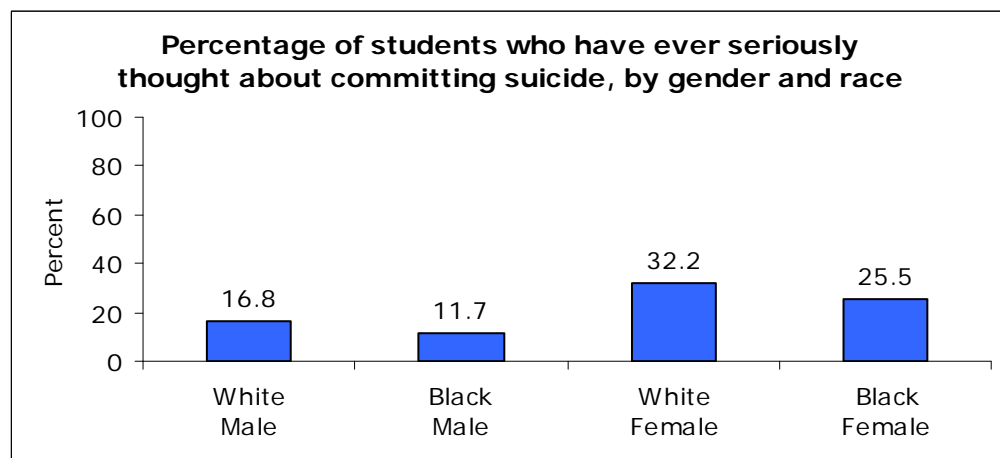


Suicide

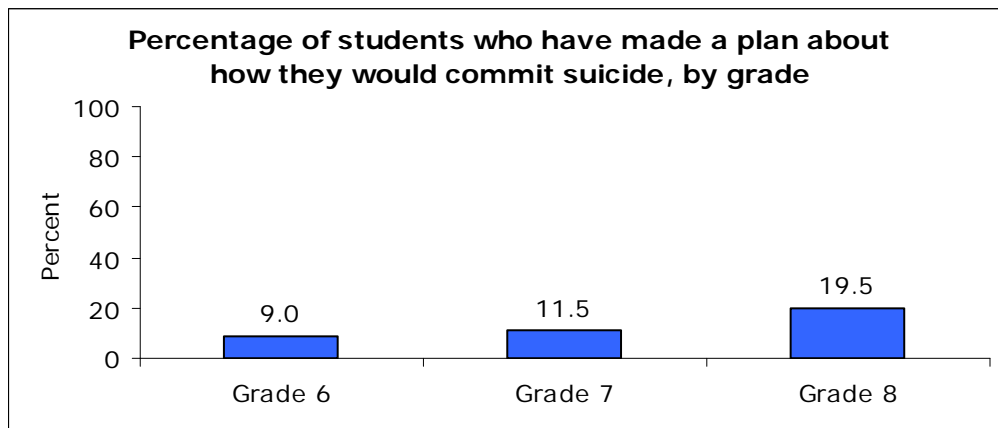
Twenty-two percent of middle school students have thought about killing themselves at some point, 14 percent made plans about how they would do so, and 9 percent actually attempted suicide. These rates have been stable since 2005.



Although there were no significant differences by race, gender, or age in the percentage of students who have attempted suicide at some point, a greater percentage of female students (30 percent) than male students (15 percent) seriously thought about committing suicide—a pattern that is evident among black students and white students, among students age 14 and older, and among seventh- and eighth-grade students.

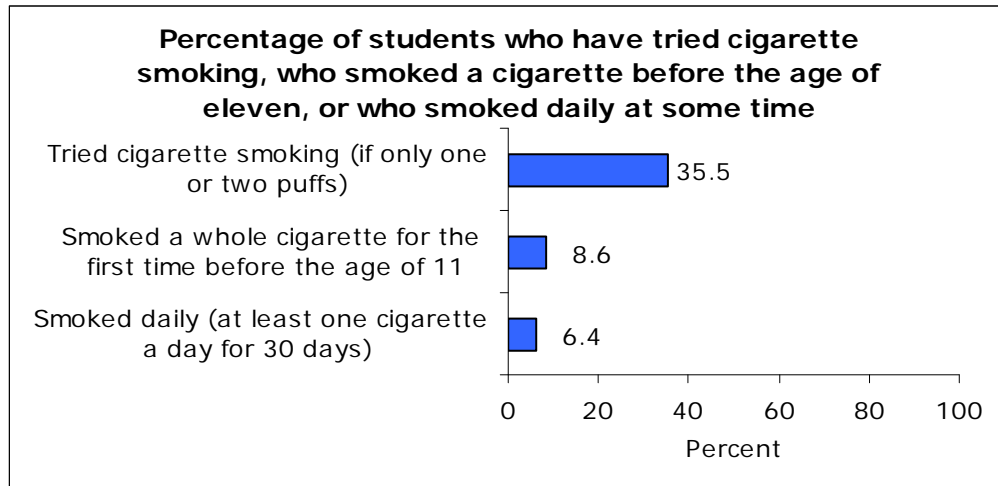


A greater percentage of eighth-grade students (20 percent) than sixth-grade students (9 percent) have made a plan about how they would commit suicide. There were no significant differences by race or gender.

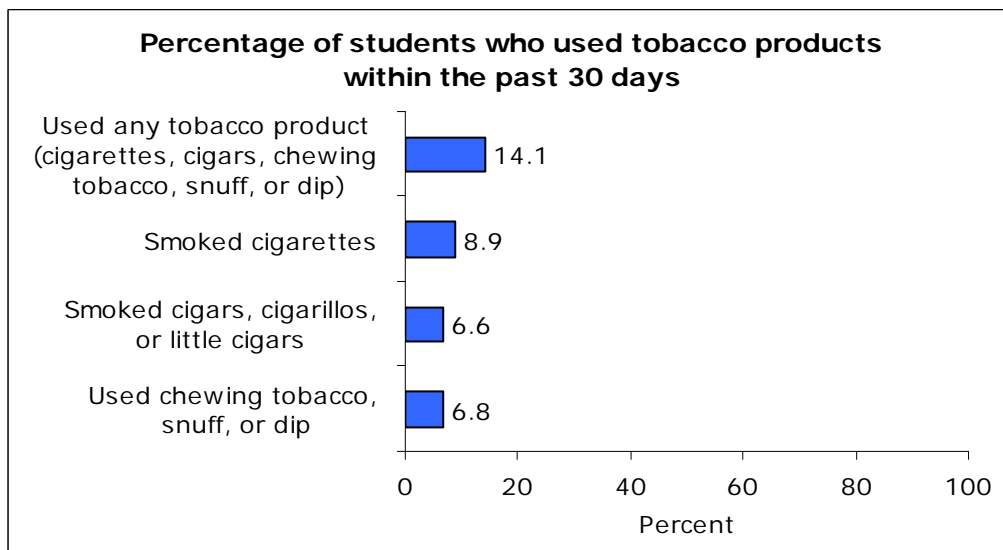


Use of Tobacco

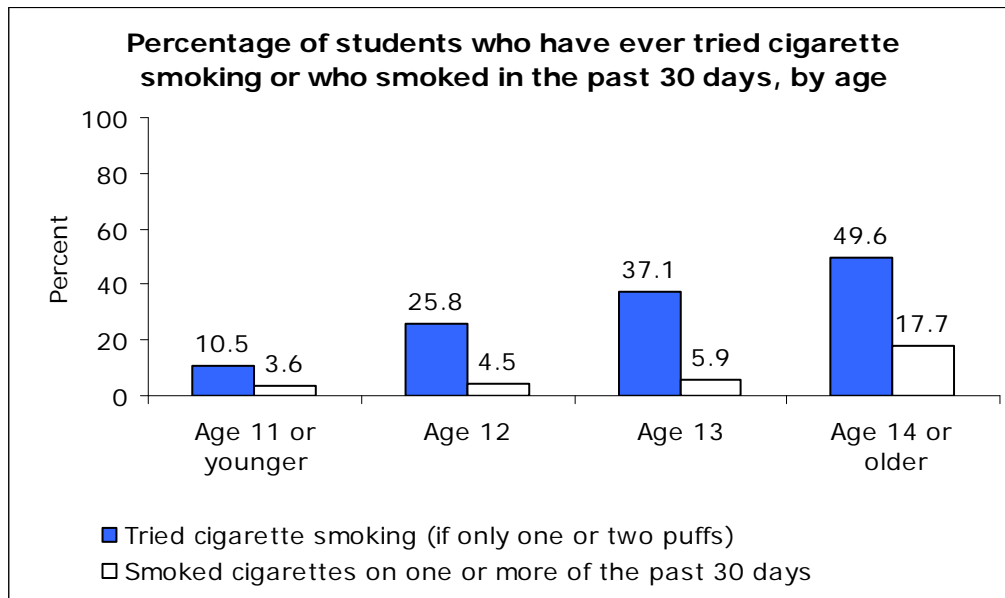
Thirty-six percent of middle school students have tried cigarette smoking, 9 percent smoked a whole cigarette before they were eleven years old, and 6 percent smoked daily (at least one cigarette a day for 30 days) at some point in their lives. These percentages were not significantly different by race or gender. The only change since 2007 (when the tobacco questions were added to the survey) is a decrease among black students in the percentage who have tried smoking cigarettes (11 percent in 2007 compared to 6 percent in 2009).



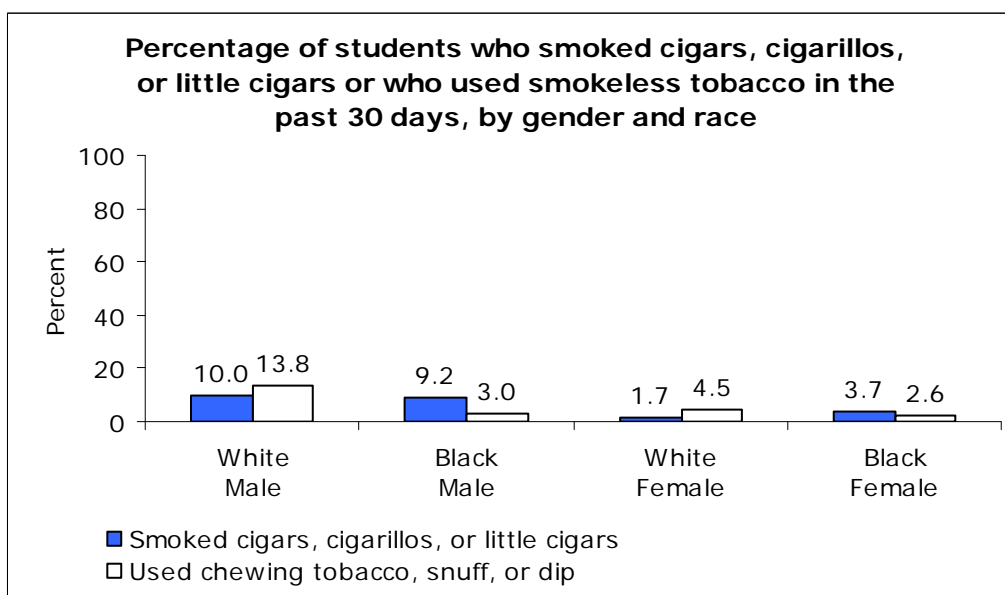
In the 30 days prior to the survey, 14 percent of students used some form of tobacco (i.e., smoked cigarettes or cigars or used chewing tobacco, snuff, or dip). Nine percent of students smoked cigarettes; 7 percent smoked cigars, cigarillos, or little cigars; and 7 percent used chewing tobacco, snuff, or dip. These rates have not changed since 2007.



Cigarette smoking varied by age. Students age thirteen and older were significantly more likely than younger students to have tried cigarette smoking. Students fourteen and older were the most likely to have smoked a cigarette on one or more of the past 30 days.

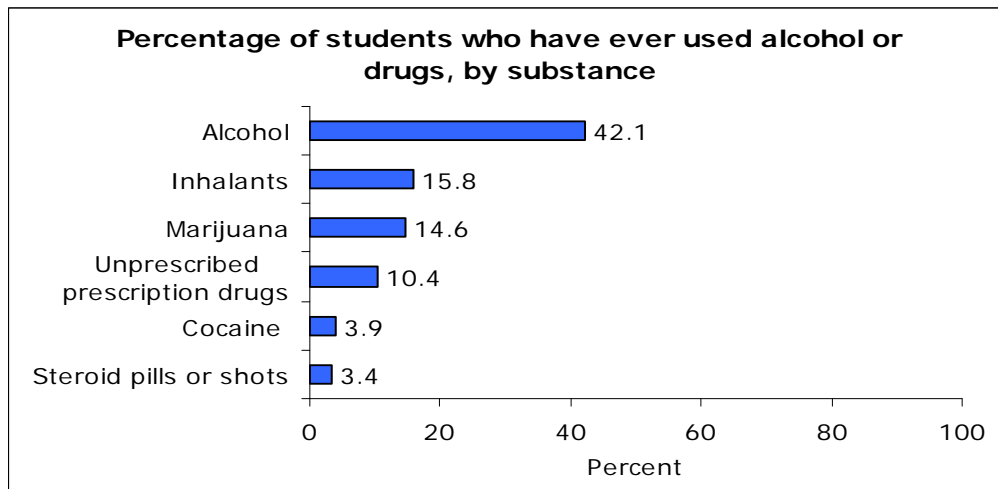


The percentage of students who smoked cigarettes in the 30 days prior to the survey did not vary by race or gender; however, a larger percentage of male students (10 percent) than female students (3 percent) smoked cigars, cigarillos, or little cigars in the past 30 days. White males were more likely than their peers to use smokeless tobacco products.

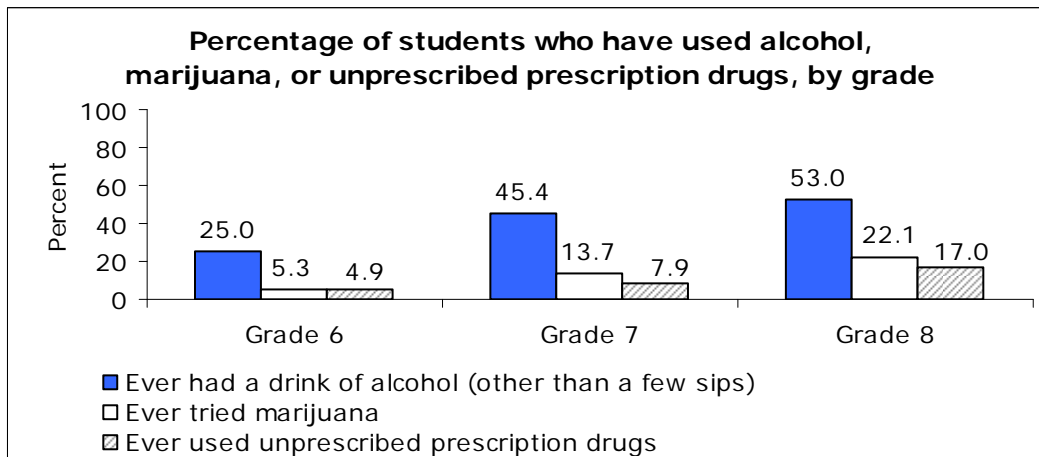


Use of Alcohol and Drugs

Forty-two percent of students have consumed alcohol (in a quantity greater than a few sips). More students have tried alcohol than any of the drugs listed in the chart below. Inhalants, marijuana, and unprescribed prescription drugs have been used at some time by significantly more students than were cocaine or steroids: 16 percent of students have used inhalants to get high (sniffed glue, breathed the contents of aerosol cans, or inhaled paints or sprays); 15 percent have used marijuana; 10 percent have taken prescription drugs (such as Ritalin, Adderall, or Xanax) without a doctor's prescription; 4 percent have used some form of cocaine (powder, crack, or freebase); and 3 percent have used steroids.



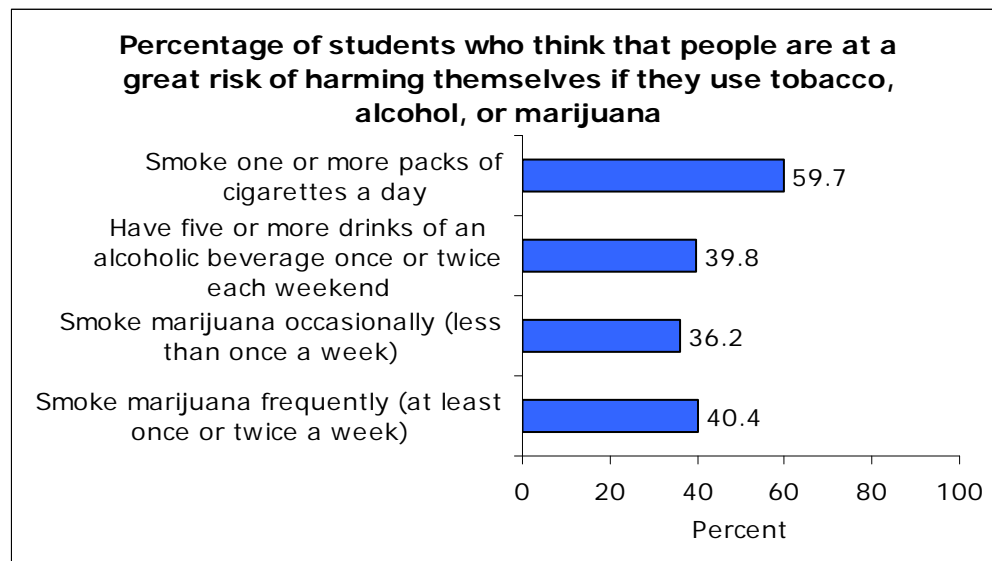
The percentages of middle school students who have used alcohol or marijuana were higher among seventh and eighth graders than among sixth graders, while the percentage of those who have used unprescribed prescription drugs was higher among eighth graders than among sixth or seventh graders. With the exception of prescription drugs, the percentages students who have consumed alcohol and drugs did not vary by race or gender in 2009 and have not changed since 2005. A larger percentage of white students (14 percent) than black students (4 percent) have used prescription drugs that were not prescribed for them.



Eighteen percent of students had their first drink of alcohol, other than a few sips, before they were eleven years old. Four percent of students tried marijuana before they were eleven years old. Twelve percent of students drank premixed alcoholic energy drinks (such as Sparks, Tilt, Rockstar 21, or Liquid Charge) on one or more of the past 30 days.

Perceived Risk of Using Tobacco, Alcohol, and Marijuana

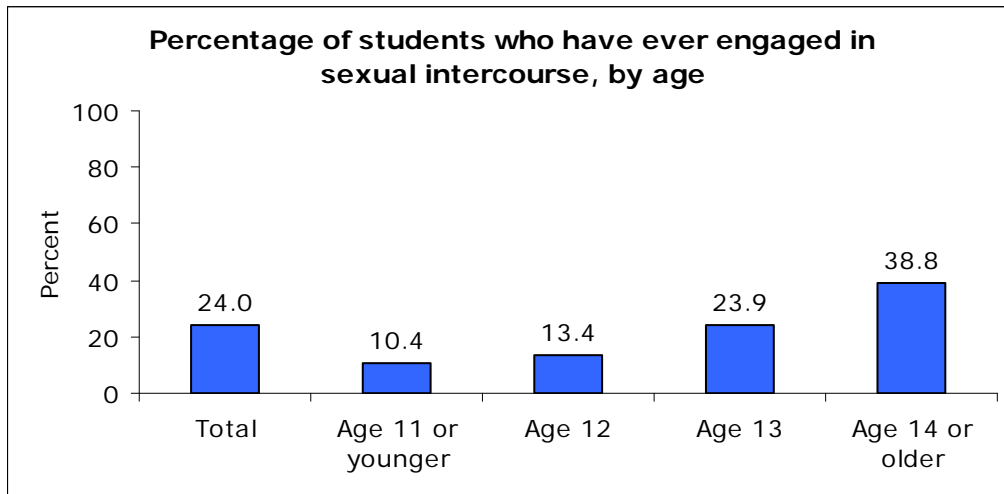
Middle school students were asked a set of questions about how much they think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day, have five or more drinks of alcohol once or twice each weekend, smoke marijuana occasionally (less than once a week), or smoke marijuana frequently (at least once or twice a week). The response choices were "no risk," "slight risk," "moderate risk," and "great risk." Sixty percent of students thought that people were at "great risk" of harming themselves if they smoked one or more packs of cigarettes a day. More students chose "great risk" to describe smoking cigarettes than they did for any of the other behaviors.



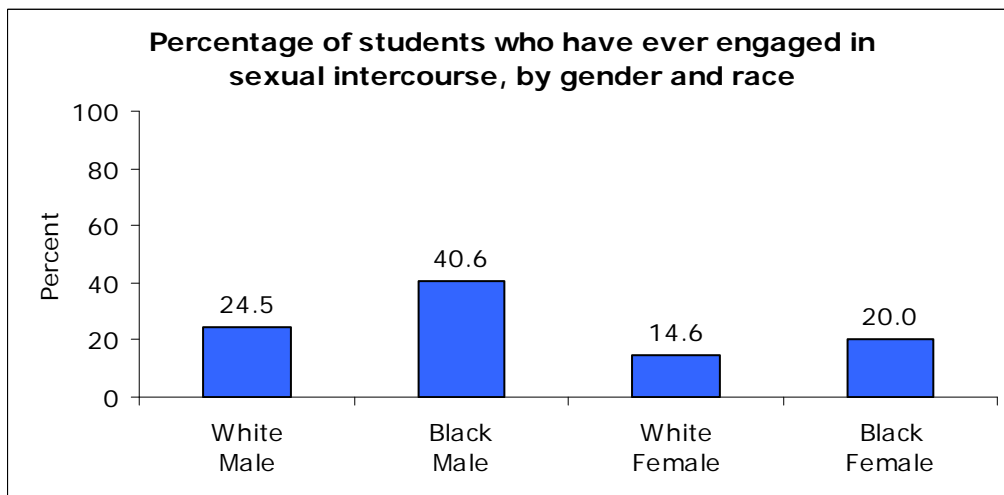
Sexual Risk Behaviors

Sexual Intercourse

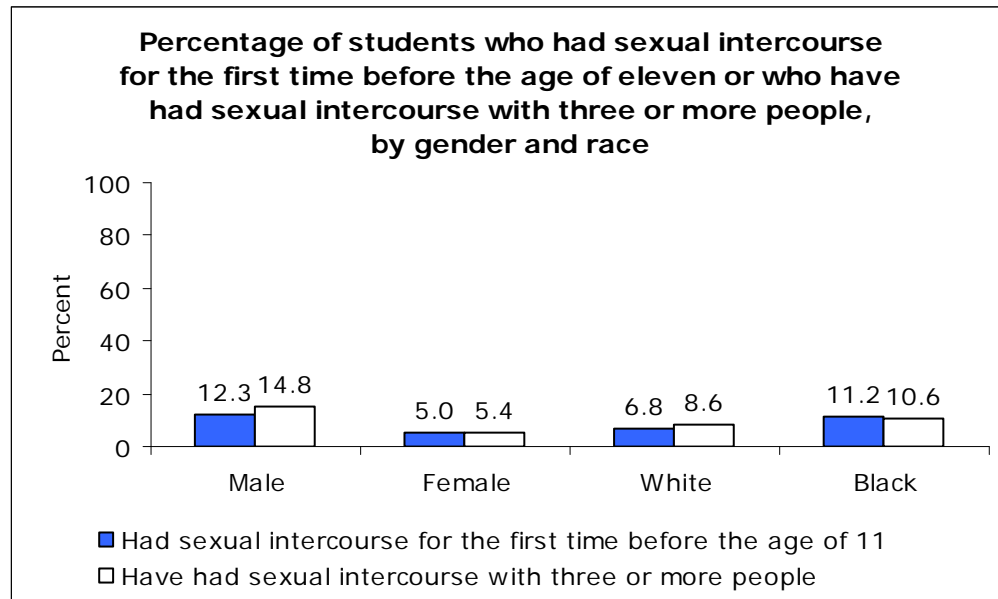
Almost one fourth (24 percent) of middle school students have engaged in sexual intercourse at some point in their lives. Significantly more students age fourteen and older (39 percent) have engaged in sexual intercourse than have younger students. There have been no changes in these percentages since 2007, when the sexual risk behavior questions were first asked. Among those students who have engaged in sexual intercourse, 63 percent used a condom on the most recent occasion.



The percentage of students who have ever engaged in sexual intercourse differed by gender and race. In general, a greater percentage of males (30 percent) than females (17 percent) have been sexually active. The figures for black males (41 percent) were significantly higher than for black females (20 percent), white males (24 percent), and white females (15 percent).

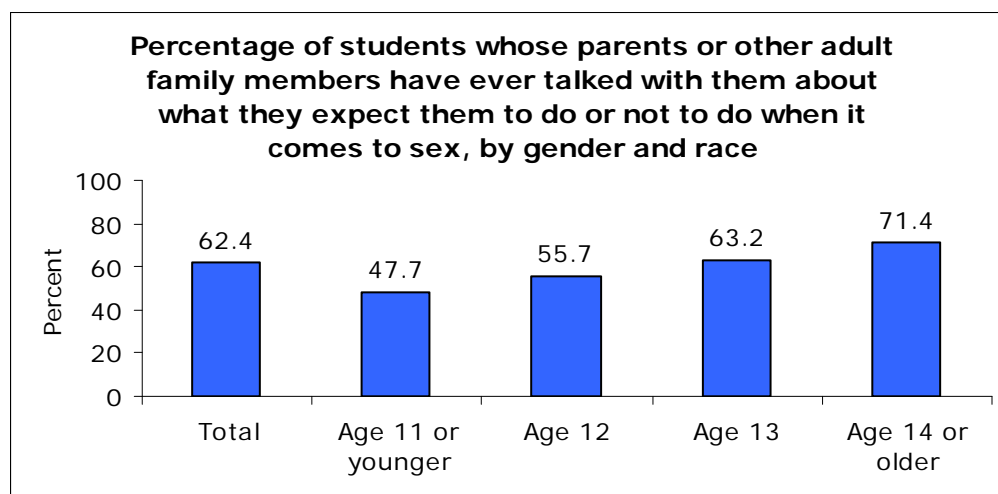


Nine percent of students were under the age of eleven the first time they had sexual intercourse—more males (12 percent) than females (5 percent). Black males (19 percent) had higher rates than any of their peers—white males (8 percent), white females (5 percent), and black females (4 percent). Ten percent of all students have had a total of three or more sexual partners: 15 percent of male students and 5 percent of female students. Rates for black males (18 percent) were higher than those for white females (5 percent) and black females (4 percent).



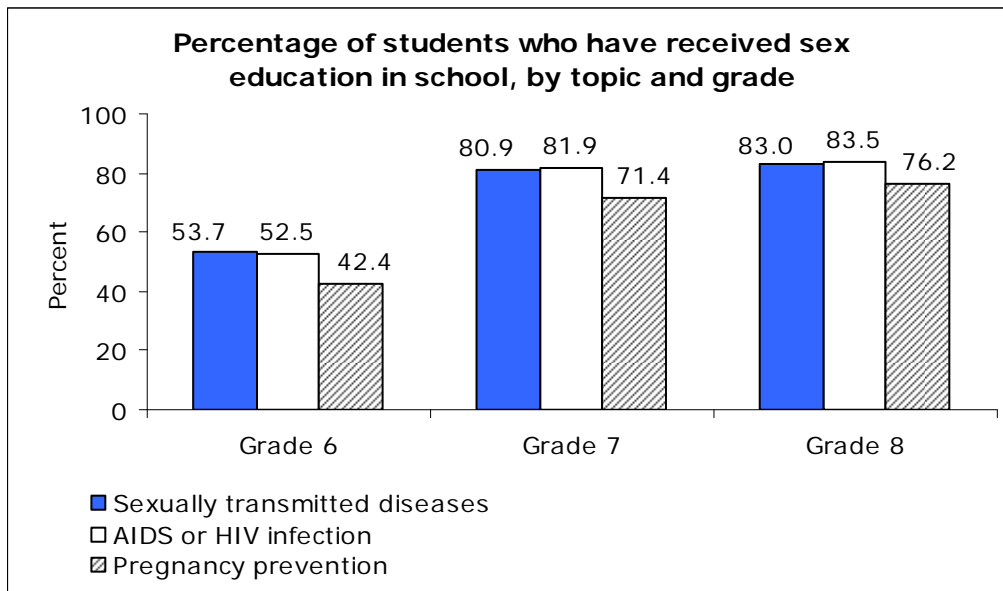
Parental Expectations

The parents or other adult family members of most students (62 percent) have told them what they expect them to do or not to do when it comes to sex. A greater percentage of students age fourteen or older (71 percent) than age twelve (56 percent) or age eleven or younger (48 percent) were told these expectations. The percentages were not significantly different by race or gender.



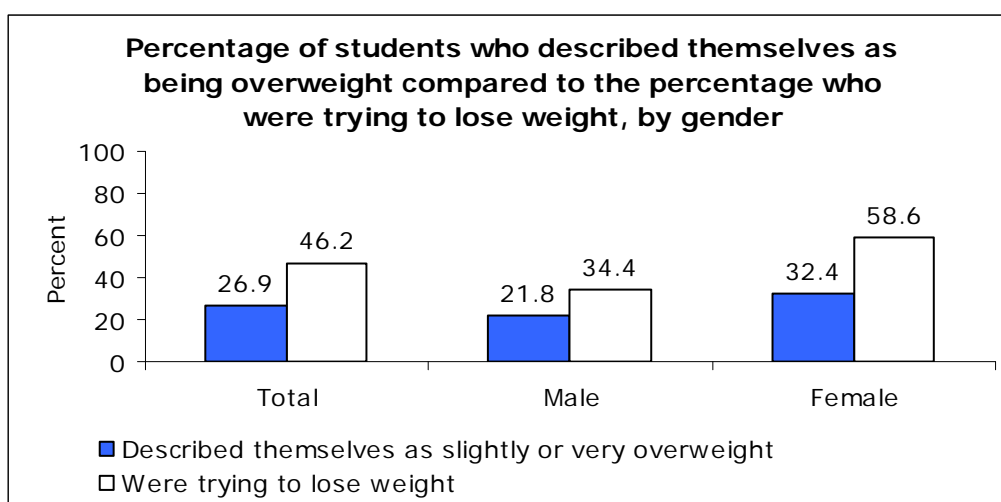
Sex Education in School

The majority of middle school students have been taught in school about sexually transmitted diseases (73 percent), AIDS or HIV infection (74 percent), and pregnancy prevention, including abstinence (64 percent). Consistent with the South Carolina health education standards, a greater percentage of students in grades seven and eight have received instruction on these topics.

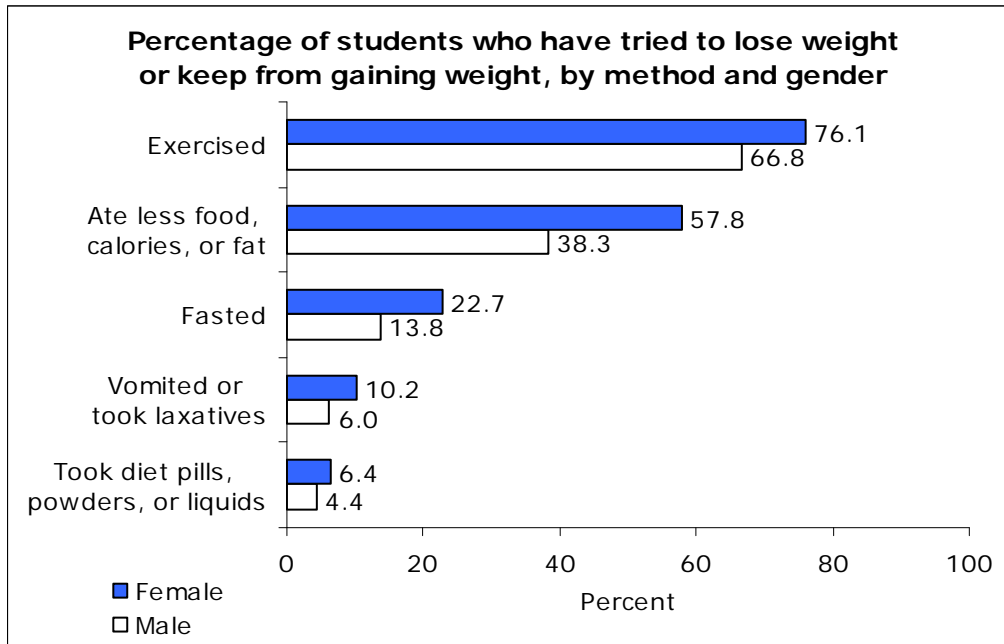


Body Image and Weight Management

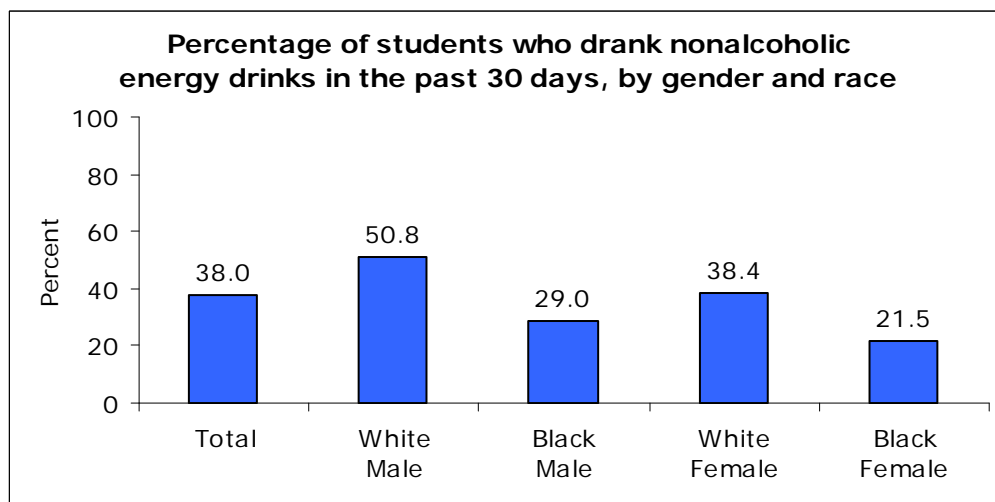
About one fourth of the state's middle school students (27 percent) described themselves as being slightly or very overweight, but nearly half (46 percent) were trying to lose weight at the time of the survey. There were no significant differences between black and white students in the way they chose to describe themselves or in the percentage who were trying to lose weight. More female students (32 percent) than male students (22 percent) described themselves as overweight. In addition, more females (59 percent) than males (34 percent) were trying to lose weight—a gender difference that was consistent for both races and for all three grade levels. The overall percentages have not changed since 2005; however, in 2009 more female students (32 percent) saw themselves as overweight than did those in 2005 (26 percent).



The two methods used most commonly by students trying to lose or keep from gaining weight were exercising (72 percent) and eating less food, fewer calories, or foods low in fat (48 percent). Other methods included going without eating for 24 hours or more (18 percent); vomiting or taking laxatives (8 percent); and taking diet pills, powders, or liquids without a doctor's advice (5 percent). Significantly more female students than male students exercised or ate less to lose or maintain weight. White females (27 percent) were more likely than white males (15 percent) and black males (11 percent) to fast. There were no differences by gender or race for the other methods, and the overall percentages have not changed since 2005. (See the chart on the following page.)

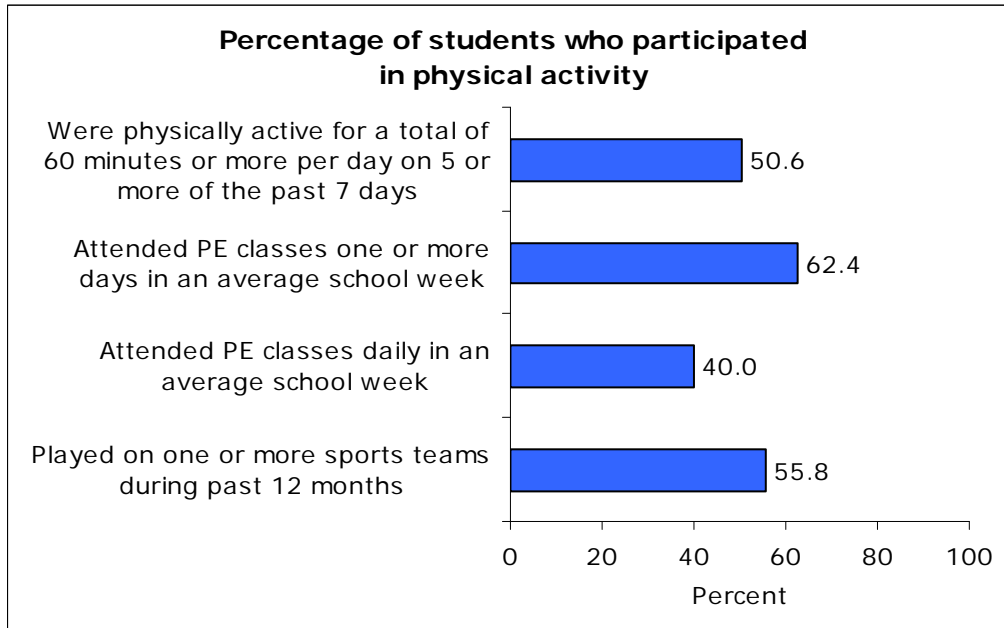


Thirty-eight percent of students drank nonalcoholic energy drinks in the 30 days before the survey. More white students (45 percent) than black students (25 percent) and more males (43 percent) than females (32 percent) did so.

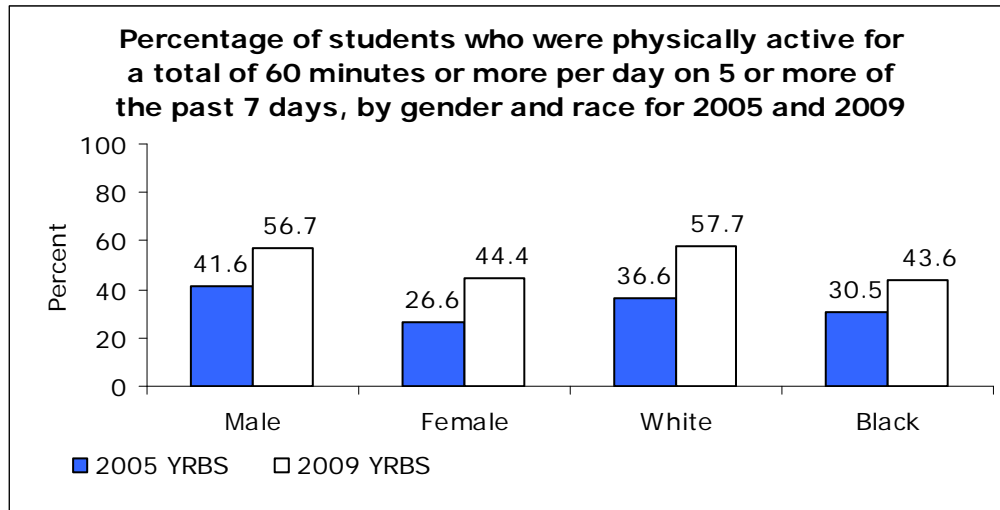


Physical Activity

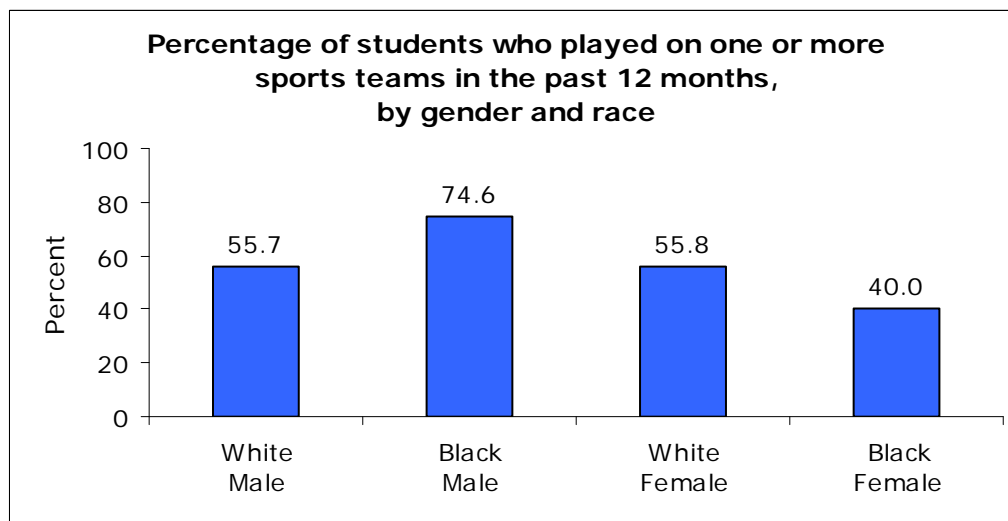
Half of the state's middle school students were physically active for a total of 60 minutes or more per day (the recommended level of physical activity for young people) on 5 or more of the 7 days prior to the survey. More than half (62 percent) of the students attended a physical education (PE) class on one or more days, and 40 percent attended PE classes daily in an average school week. PE attendance did not differ significantly by grade level, race, or gender. In the 12 months prior to the survey, 56 percent of the students played on one or more sports teams.



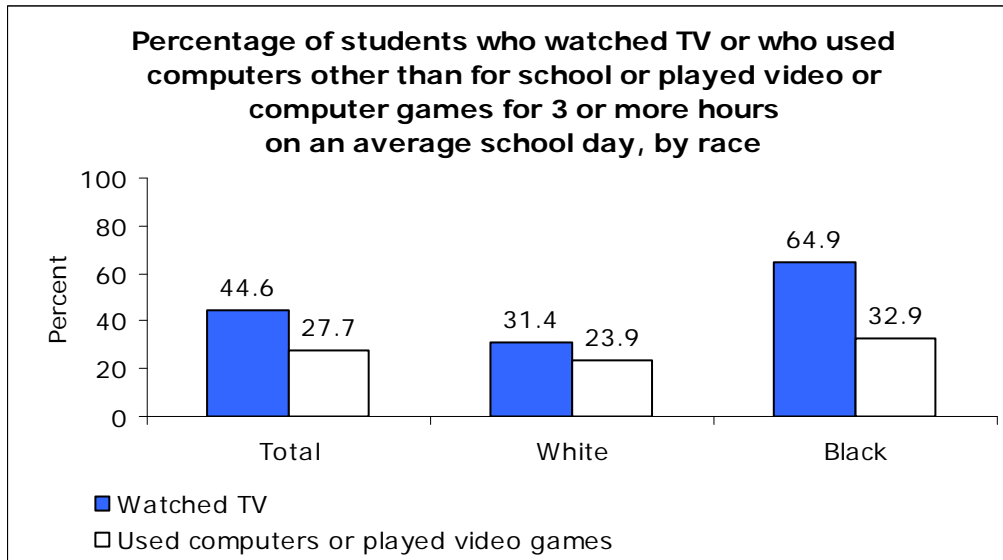
A greater percentage of male students (57 percent) than female students (44 percent) and of white students (58 percent) than black students (44 percent) were physically active for 60 minutes per day on 5 or more of the past 7 days. More white males (64 percent) than any other group (48 percent of black males, 51 percent of white females, and 39 percent of black females) reached this level of activity. The total percentage of students who have been physically active for 60 minutes a day has increased since 2005, as have the percentages for both sexes and for both races. (See the chart on the following page.)



A greater percentage of male students (62 percent) than female students (50 percent) played on one or more sports teams in the 12 months prior to the survey. A higher percentage of black males (75 percent) participated in sports than did any of their peers (56 percent of white males, 56 percent of white females, and 40 percent of black females).

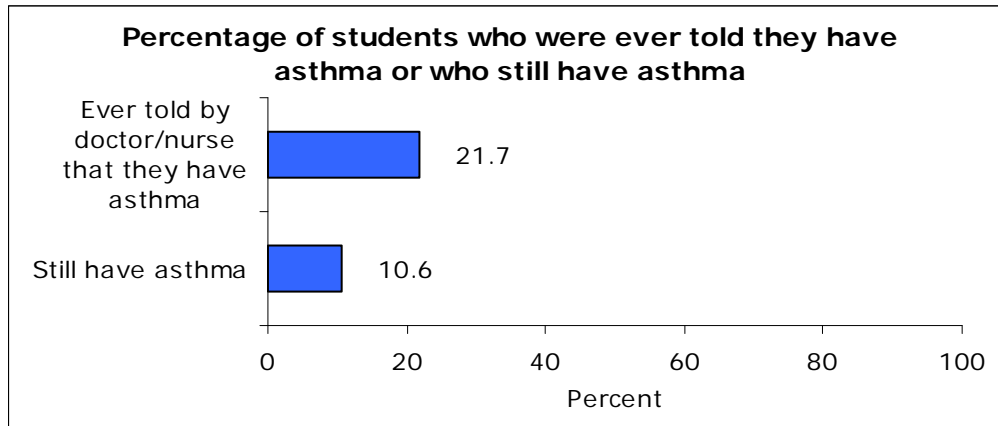


Forty-five percent of the students watched television for 3 or more hours on an average school day, and 28 percent played video or computer games or used a computer for something other than school work for at least 3 hours on an average school day. A significantly larger percentage of black students than white students engaged in these sedentary behaviors, especially watching television. (See the chart on the following page.)



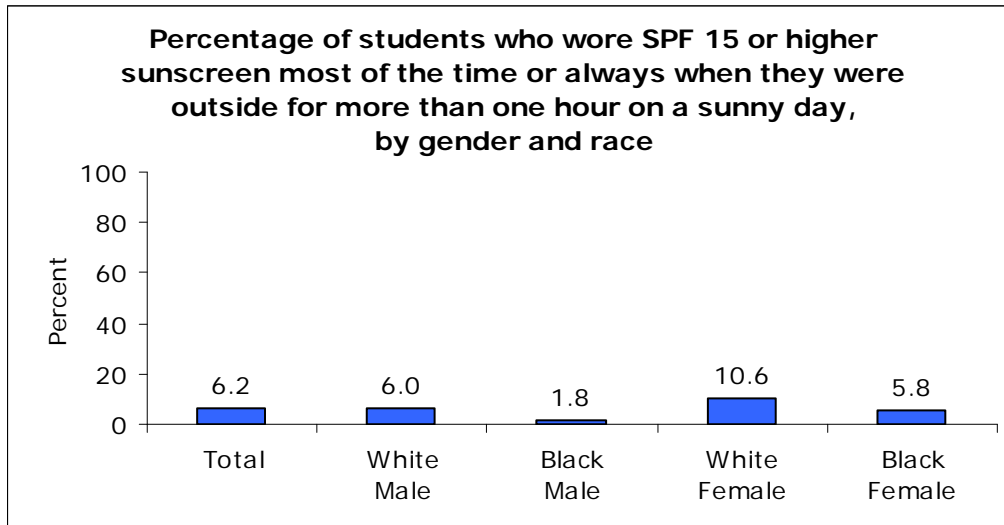
Asthma

Twenty-two percent of middle school students have been told by a doctor or nurse at some time in the past that they have asthma; 11 percent still had asthma at the time of the survey. There were no significant differences in percentages by race, gender, age, or grade level, and the percentages have been stable since 2005.



Use of Sunscreen

Only 6 percent of middle school students wore sunscreen with an SPF rating of 15 or higher most of the time or always when they were outside for more than an hour on a sunny day. White females were the most likely to have used sunscreen (11 percent).



Appendix

South Carolina Middle School YRBS Data, 2005–09

South Carolina has conducted the Middle School YRBS every other year since 2005. All data presented in the table below are *weighted*. Cells are left blank when the question was not asked on the survey that particular year. Trend analyses were run using data from 2005 through 2009. Significant linear trends between 2005 and 2009 are indicated by the dagger (†) in the final column of the table.

Injury and Violence				
† Data show a significant linear trend between 1991 and 2009.				
	2005	2007	2009	†
Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet	84.7	87.5	90.2	†
Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet	80.1	84.4	87.8	†
Percentage of students who never or rarely wore a seat belt when riding in a car	12.9	11.3	8.2	†
Percentage of students who have ever ridden in a car or other vehicle driven by someone who had been drinking alcohol	33.0	35.5	35.1	
Percentage of students who have ever carried a weapon such as a gun, knife, or club	38.6	39.9	42.4	
Percentage of students who have ever been in a physical fight	61.5	64.3	65.9	
Percentage of students who have ever been in a physical fight in which they were hurt and had to be treated by a doctor or nurse	7.9	7.7	7.8	
Percentage of students who were a member of a gang during the past 12 months	—	11.4	7.6	
Percentage of students who have ever been bullied on school property	—	—	41.6	
Percentage of students who have ever seriously thought about killing themselves	22.5	20.9	22.4	
Percentage of students who have ever made a plan about how they would kill themselves	14.0	13.1	13.6	
Percentage of students who have ever tried to kill themselves	8.4	7.5	8.8	

Tobacco Use				
† Data show a significant linear trend between 1991 and 2009.				
	2005	2007	2009	†
Percentage of students who have ever tried cigarette smoking, even one or two puffs	—	34.3	35.5	

Tobacco Use

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who smoked a whole cigarette for the first time before age 11	—	8.7	8.6	
Percentage of students who smoked cigarettes on one or more of the past 30 days	—	8.2	8.9	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days (current cigarette use)	—	1.9	2.1	
Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days	—	5.8	8.9	
Among students who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days	—	5.1	7.3	
Percentage of students who have ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days	—	4.5	6.4	
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days	—	5.7	6.8	
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	—	5.9	6.6	

Alcohol and Drug Use

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who have ever had a drink of alcohol, other than a few sips	38.9	39.7	42.1	
Percentage of students who had their first drink of alcohol other than a few sips before age 11	15.9	16.3	17.6	
Percentage of students who have ever used marijuana	12.8	11.8	14.6	
Percentage of students who tried marijuana for the first time before age 11	3.1	3.2	4.5	
Percentage of students who have ever used any form of cocaine, including powder, crack, or freebase	3.2	4.0	3.9	
Percentage of students who have ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high	15.3	15.2	15.8	
Percentage of students who have ever taken steroid pills or shots without a doctor's prescription	3.0	2.9	3.4	
Percentage of students who have ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, Ritalin, Adderall, or Xanax) without a doctor's prescription	—	10.3	10.4	
Percentage of students who drank premixed alcoholic energy drinks (such as Sparks, Tilt, Rockstar 21, or Liquid Charge) on one or more of the past 30 days	—	—	11.8	

Sexual Behaviors

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who have ever had sexual intercourse	—	22.4	24.0	
Percentage of students who had sexual intercourse for the first time before age 11	—	7.5	8.7	
Percentage of students who have had sexual intercourse with three or more people in their lives	—	10.4	10.1	
Among students who have ever had sexual intercourse, the percentage who used a condom during last sexual intercourse	—	64.0	63.1	
Percentage of students whose parents or other adults in their family have ever talked with them about what they expect them to do or not to do when it comes to sex	—	—	62.4	
Percentage of students who have ever been taught in school about AIDS or HIV infection	78.6	73.1	73.6	
Percentage of students who have ever been taught about sexually transmitted diseases in school	80.2	76.2	73.4	
Percentage of students who have ever been taught about pregnancy prevention including abstinence education in school	71.4	66.9	64.5	

Weight Management and Dietary Behaviors

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who described themselves as slightly or very overweight	24.1	24.1	26.9	
Percentage of students who were trying to lose weight	48.1	46.8	46.2	
Percentage of students who have ever exercised to lose weight or to keep from gaining weight	71.8	71.5	71.4	
Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	45.4	46.8	47.9	
Percentage of students who have ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight	19.7	19.4	18.1	
Percentage of students who have ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight	5.7	6.2	5.4	
Percentage of students who have ever vomited or taken laxatives to lose weight or to keep from gaining weight	6.8	7.8	8.0	
Percentage of students who drank nonalcoholic energy drinks (such as Red Bull, Monster, or Full Throttle) on one or more of the past 30 days	—	—	38.0	

Physical Activity

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days	34.2	50.5	50.6	†
Percentage of students who watched three or more hours per day of TV on an average school day	49.3	50.9	44.6	
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	—	26.8	27.7	
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	61.1	61.4	62.4	
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	34.8	36.6	40.0	
Percentage of students who played on one or more sports teams during the past 12 months	—	57.7	55.8	

Asthma

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who have ever been told by a doctor or nurse that they had asthma	18.8	20.4	21.7	
Percentage of students who have ever been told by a doctor or nurse that they had asthma and who still have asthma	—	10.3	10.6	

Sunscreen Use

† Data show a significant linear trend between 1991 and 2009.

	2005	2007	2009	†
Percentage of students who most of the time or always wore sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day	—	8.4	6.2	